Your baby will love your healthy smile.

It is important to take care of your mouth during pregnancy. Germs that cause gum disease can spread from your mouth to the rest of your body and could affect your baby's health and delivery. Tips to remember include:

DURING PREGNANCY

- It is safe to get dental care.
- See your dentist at least once during your pregnancy for a check-up.
- Choose healthy snacks such as fruits, vegetables, and sugar-free drinks.
- Brush your teeth at least two times a day and floss at least once a day.
- Always use fluoride toothpaste and drink fluoridated water.
- Use a fluoride mouthrinse if you have frequent morning sickness.

WITH YOUR NEWBORN

- Continue to get regular dental care to help keep your mouth healthy.
- Avoid sharing spoons with your baby or cleaning off a pacifier in your mouth. This will reduce the chance of spreading cavity-causing germs from your mouth to your baby's mouth.
- Wipe your baby's gums with a wet washcloth after feeding and use a small, soft toothbrush after the first tooth appears.
- Have your child see a dentist by the age of 1.

